



## LOCAL FOOD

### OBJECTIVES:

- Recognize that food is a global market
- Understand what it means for food to be local
- Explore farmers' markets and what it means to eat local

### LET'S GET STARTED! (10 MINUTES):

- Review the global nature of food and explain what it means for food to be local
- Discuss where to find local food and how it helps the community
- Discuss grocery stores and farmers' markets

### STORY (15 MINUTES):

- Read story about where food comes from, and Boss learning the difference between local food and non-local food

### WRAPPING UP (5 MINUTES):

- Remind students where to find local foods

## LET'S GET STARTED!

- This week we are going to talk about local foods! Review the geography of food and how food is a global market. Talk about grocery stores having food from all over the world.

### DIALOGUE BOX

- Today we are going to talk about local foods! Do you remember when we talked about different foods growing in different places?
- The climate and geography of different places in the world allows them to grow certain types of food better than others. Because of cars, planes, boats, and trains, though, we can all enjoy foods from far off places, even if we can't grow them ourselves!
- Grocery stores have a wide variety of food. They get shipments of foods from many different places so that when we go shopping, we can go to only one place and buy food from all over the world! The bananas you get from the store probably come from a different place than the strawberries, which come from a different place than the tomatoes, which come from a different place than the broccoli.
- Introduce the idea of local food. Explain what it means for food to be local. Explain that not all food can be local due to geography and climate.

### DIALOGUE BOX

- Although we can get food from all over the world, we can also grow and produce a lot of it ourselves. Local food is food that comes from our own community. Buying food from the farmers within your own community is considered buying locally.
- Sometimes the grocery stores have local food, like fruits and vegetables grown here in South Carolina. More often you can find local food at something called a farmers' market.
- Has anyone heard of or been to a farmers' market?
- Farmers' markets are where farmers who live in the community meet and sell their food. The markets are usually open on the weekends in the morning.
- If you go to your local farmers' market, you may be surprised to see how much food is grown or raised right in your own community! You can find fruits, vegetables, bread, eggs, and sometimes even dairy and meat.
- Farmers' markets are a great way to find out what grows in your area as well. You may find things you didn't even know could grow in your area!
- Of course, there are some things that you won't be able to find at your local farmers' market simply because your area can't produce it. For example, if you don't live near a body of water, you won't find anyone selling fish at your local farmers' market!

- Explain that farmers' markets are helpful to the community. Introduce the idea of gardening as another way to eat local.

## DIALOGUE BOX

- Farmers' markets are also good for the community- they support the farmers and provide local food!
- Another way you can eat local is by growing food yourself! Does anyone have a garden?
- Gardening can be fun and rewarding! It feels great to eat food that you grew yourself. You can be creative and try growing all sorts of fruits and vegetables right in your own backyard!

## STORY

- Read the story about Boss learning where his food comes from and the difference between local food versus non-local food that comes from a different area

### Where Boss' Food Comes From

Sometimes Boss wonders "where exactly does my food come from?" Boss always gets his food from the grocery store, but where does it come from before it gets to the grocery store? This is something Boss has always thought about, and one afternoon he decided to ask one of his healthy friends all about it. He asked, "Sally, where does our food come from? I always see the food I eat at the grocery store, but what happens before that? Does each state grow their own food? Does it come from out of the state?" His friend began explaining, "Well it all depends. Our food can potentially come from all around the world, and sometimes it can even come from a local farm that is right down the street. It can also depend on the season that will dictate which foods come to us locally or the foods we have to get from out of the state, or even out of the country! For example, during the summer, we can get all kind of fresh vegetables from our local farmers market, but it is hard for our area to grow its own bananas, so those would be shipped to us from another area that is able to easily grow them!" As Boss continued to think, he continued to ask questions. He asked, "Well what about all the foods you see that are in bags and boxes? Do those foods come from another area too?" They both walked around until they found a seat to sit on, and his friend began saying, "Those foods are called processed foods. They have been processed in a factory and chemically made. They are not like the fresh foods you can find at the farmers market. Since those foods can

also be made on the spot in a certain location, they do not have to come from another area like vegetables and fruits would have to. The only issue with these processed and chemically made foods is that they are not as good for you as fruits and vegetables would be. They do not have as many vitamins and nutrients to help your body." Boss said, "Oh okay. I never knew that about packaged foods! I just assumed they were there same as the other healthy foods in the store, but I am glad that I know now that they are not. You keep mentioning something called a farmers market? What exactly is that and what types of foods can I get there? Are they healthier foods than if I bought them from the grocery store?" While still sitting together on the bench, Sally looked over at Boss and said, "The farmers market is an area where he farmers come and sell the food that hey are growing on their own personal farm! It usually is open from spring until the early fall because the fruits and vegetables they grow usually grow better in the warmer weather! These various fruits and vegetables are not necessarily better for you than the ones at the grocery store, but they probably do have less chemicals on them, also called pesticides, than the ones you can buy from the farmers market. Not only is the food a little bit healthy for your body as a whole, you are also helping out the farmer that you are buying the food from! Many farmers do this as their only job, so it is nice to get out there and support the local farmers in your area!" Boss had no idea that the farmers market existed and in surprise he asked, "Well next time you go to the farmers market, can I come along and see what it is like? I would like to start helping out the farmers in our area, but also getting food in my body that is not unhealthy or have chemicals on them!" His friend promised that he could go with her the next time she made a trip to the farmer a market.

## WRAPPING UP

- Encourage students to eat local by going to a farmers' market or starting a mini garden of their own!

# Picture of a Farmer's Market

